



INTRODUCTION & DOJO RULES

INTRODUCTION

Welcome! Goju Kai Karate Do Sydney Inc (“Club”) is a martial arts club with foundations in traditional Japanese karate. Our style has a focus on self-defence, personal growth and development including self-confidence, discipline, balance, co-ordination and fitness.

A brief history of our style of karate

Goju Kai Karate Do is a style of karate that was developed by Gogen Yamaguchi (1909-1989) from *Goju Ryu* as taught by Chojun Miyagi (1888 – 1953). The style we practice is formally called *Goju Ryu* (*Goju* means “hard-soft” and *Ryu* means “style”) *karate do* (*karate* means “empty hand” and *do* means “the way of”). *Goju Kai* is the worldwide association we belong to (*Kai* means “association”). We may also refer to our style as *Yamaguchi Goju Kai* to distinguish it.

Gogen Yamaguchi *Kaiso Ju-Dan* was appointed Chojun Miyagi’s successor in Japan and founded *the All Japan Goju Kai* and *International Karate Do Goju Kai Association (IKGA)*. *IKGA* has over 50 member countries and continues to grow under the leadership of Yamaguchi Kaiso’s youngest son Goshi Yamaguchi *Saiko Shihan Hanshi Hachi-Dan*.

Vice-President of the *IKGA* representing the *IKGA Oceanic Bloc* is Australian karate-ka Paul Starling *Shihan Kyoshi Hachi-Dan*. Starling *Shihan* was one of Gogen Yamaguchi *Kaiso*’s students and when he graduated from the karate college in Japan, he was given permission by Gogen Yamaguchi to open a dojo in 1970 with the unique name of *Sydney Goju Kan* (*kan* means “dojo”).

Our Club is a successor to what Starling *Shihan* began nearly half a century ago and is part of the *IKGA* network. Our Club has dojos in Sydney and the Central Coast. There are other *IKGA* dojos throughout Australia. Our Club is affiliated with *NSWKF* and *AKF*.

Starling *Shihan* is our Club Patron. Starling *Shihan* is a pioneer of *Goju Kai* and karate generally in Australia and continues to teach a black belt class in Sydney as well as special seminars. We are privileged to have a *karateka* of such high standing and expertise within our Club.

Virtues of Goju Kai Karate Do

Trust, honour, respect, integrity, truthfulness, humility and honesty are fundamental to the practice of Goju Kai karate. These values are incorporated within the traditional virtues of *IKGA* (“*Dojo Kun*”) as follows (all numbered 1. as they are equally important):

1. We are proud to study the way of Goju.
1. We are courteous in manners.
1. We strive to be humble but strong.
1. We foster the spirit of co-operation.
1. We respectfully follow the ideals of loyalty and honour.

Dojo etiquette

Dojo is the Japanese name for “place of training”. In a dojo, we show respect and courtesy

to everyone. Following Japanese custom, we take our shoes off before entering the dojo and bow (like the Japanese do - you will be shown this in our classes) and say in a loud voice "Good morning / evening Sensei". *Sensei* is the Japanese word for "teacher". You then wait to be acknowledged by the Sensei and enter the dojo. Don't worry about getting it all right when you first start, you can learn more about dojo etiquette in our Handbook which will be provided to you in the first few weeks of your training.

DOJO RULES

All Club Members and everyone at a Club dojo must abide by our Club Constitution, which is available at our website www.karatesydney.com

The structure and discipline of karate revolves around a strict code of conduct that:

- Minimises the risk of injury
- Creates a structured environment for efficient learning
- Recognises the commitment and effort of everyone
- Develops self-control and strength of purpose.

In order to minimize injury and provide a safe environment for you and all participants, it is important you note and comply with the following ...

1. Children & Member Protection

The safety of children in our care is paramount. To keep children safe please take note of the following information:

- Our instructors have a Working With Children Check (WWCC) - a legal requirement laid down by government.
- Parents are free to leave the dojo while their children are training. However, please make sure you have provided us with emergency contact details in your Membership Application, Waiver & Indemnity Form (the "Form") and that you have your mobile phone switched on while you are away.
- If your child is to be picked up by someone other than a parent recognized by our instructors, please ensure you let us know **at the beginning of the class** the name of the pick-up contact. If you are late in picking up your child, **please note** that we will be required to have two people stay with your child until you arrive.
- If your child requires medication during training, for example, an asthma puffer or an EpiPen, please make sure you let us know and provide the instructor with your child's asthma plan.
- Everyone is required to abide by our Member Protection Policy which includes child protection and anti-harassment policies. Copies of these policies are available at our website www.karatesydney.com

2. Safety

- Everyone participating in a class **must apply to become a member by completing and signing the Membership Application, Waiver & Indemnity Form before the commencement of training** – even if you are trialling the class.

- We reserve the right to approve or reject your application for membership and to remove you as a member should your continuation as a member endanger your safety or the safety of others or you fail to comply with the Club Rules or your conduct will bring the Club or the IKGA into disrepute.
- As per the Membership Application & Waiver and Indemnity Form, if you have injuries, medical conditions or take medications that will affect your ability to train safely, you must disclose these to the Club as and when they occur.
- In order to avoid interruptions and distraction, please ensure your mobile telephone is turned to silent. If you need your mobile on for urgent calls, please inform your instructor.
- Do not wear shoes in the dojo.
- Do not wear jewellery while training – eg rings, watches, bangles, necklaces, earrings or other body piercing jewellery.
- Long hair should be held back with a soft hair band during training. Hairpins and clips should be avoided.
- Any wounds should be covered during training with an occlusive (air and water tight) dressing and any new injury must be dressed or otherwise treated immediately and any spills cleaned. There is a first aid kit available at the dojo.
- Do not consume chewing gum or other confectionery or food during training. The exceptions to this are drinking water and consuming sugar for a medical condition like diabetes.
- If you need to take medication during training – for example, an asthma puffer, please ensure you have it with you and that you provide your instructor with your asthma plan.
- If you or your child training with us suffer from anaphylaxis, please let us know. It is vital that you ensure we know where your or your child's EpiPen is located and that it is in date.
- If you wear eye-glasses, please ensure you wear them (or appropriate contact lenses) so that your sight is not impeded during training.
- Personal grooming such as clean well-kept finger and toenails and other aspects of personal hygiene will prevent injury and enhance training.
- Please ensure that you are adequately hydrated prior to the commencement of training. Feel free to bring a water bottle and to take short drinks breaks as you need to.
- Smoking in or near the dojo is not permitted and anyone under the influence of any drug(s) or alcohol will not be permitted to train.
- To avoid injury, if you arrive late, please ensure you adequately warm up in a section of the dojo.
- Karate is a dynamic art that involves a range of different activities, one of which is sparring. Therefore, the following safety equipment is recommended:
 - Mouth guard
 - Shin / instep protectors

- Hand mitts
- Groin guard for males (optional for females)
- Chest protector for females.

3. Fees & Communication

- Every member (and some visitors) must pay an annual membership (subscription) fee to cover costs like insurance and membership of the NSW and Australian Karate Federations which allow students to complete in various tournaments. Please enquire with your local Sensei about this yearly fee (renewable in June/July & charged pro rata throughout the year).
- Please enquire with your local Sensei about training fees (these will be updated and notified from time to time). If you arrive late, please make sure you pay **before** leaving the dojo.
- Once you have paid your membership fee, we will issue you with a Membership Book. This book will mark your attendance at classes and will record any gradings you achieve. It also contains some additional information like the basic Japanese karate greetings. Please bring it with you every week and give it to your instructor with your class fee so that your attendance can be recorded.
- After a couple of months of training, we will provide you with a more comprehensive Handbook to help you progress with your karate training. In the meantime, you can find useful resources like syllabus and terminology at our Club website at <http://www.karatesydney.com>
- During classes, we may take photographs to use in advertising and social media. **If you or your children prefer not to be included in photographs, please notify us by email.**
- Please notify us by email if you prefer us not to contact you by email or sms to provide you with training information/updates. **NB** we will not provide this information to third parties without your permission.

More information

If you have any questions, please do not hesitate to speak to the head instructor of your dojo.

By cultivating a greater understanding of, and respect for yourself and others, you will soon gain a greater concept of the meaning of “Do” (the way) of *Karate-Do*.

Enjoy your training!